

Study A: Understanding Pride and Rebellion

*"God opposes the proud but gives grace to the humble."
James 4:6b*

Why: Reasons for the study

- Christ often rebuked the disciples for their unbelief and lack of faith.
- For "heart change" to take place you must address this root cause of sin.
- Many counseling approaches, including many "Christian" models, see fear, pain or shame as the core problem.
- For lasting transformation you must address what is at the core of man's heart of self-worship: pride and unbelief.

What: Principles to grasp

- Pride is the source of all sinful thoughts, attitudes and behaviors.
- Pride is defined as unbelief in God's character, commands and promises, belief in lies, and putting self before God and others.
- We may practice rebellion and not realize it because we deceitfully convince ourselves "we are right."
- Pride says, "I want to be comfortable doing and thinking the things I want to do and think. And nobody, including God, can tell me otherwise."
- Rebellion is not yielding our wills and submitting to God's truths so we can walk in fellowship with the Lord.

How: Path to a changed life

- To identify how their pride manifests itself; to confess it as soon as they are aware.
- To identify and confess their unbelief in God's character, commands and promises.
- To identify the lies they are believing and to renew their minds with the truth about the character of God and of His Word.

Helpful ideas:

- The *Root Cause of Sin* diagram is foundational to all of CTO.
- Often people do not identify certain behaviors as sin because they do not identify what motivates that behavior. Other motivational sins will be exposed as they work through the studies in *The Controllers*.
- Evaluate their understanding of motives, which is crucial as they begin *The Controllers* studies. Confession lists should include beliefs, motives, goals, as well as behaviors.
- Assign the *Pride Checklist*.
- Ask, "Are you progressing in catching your sinful motives before you act on them? Give examples." When sinful behavior is admitted to you, ask, "What were your wrong beliefs/motives at the time?" "What truths should you have renewed your mind with before you acted?"

Tools and additional resources:

- *Root Cause of Sin* diagram;
- *Pride Checklist*
- *A Proud vs. A Broken Heart* checklist ([ctousa.org/tools/resources/Personal Evaluation Checklists](http://ctousa.org/tools/resources/Personal%20Evaluation%20Checklists))